



Providence St. Mary Medical Center
Family Birth Center
401 W. Poplar St.
Walla Walla, WA 99362
509-897-2380

Dear expectant parent,

We at Providence St. Mary Medical Center (PSMMC) Family Birth Center are excited to be a part of your upcoming delivery experience! In the interest of keeping you and your baby healthy, please be aware of the following safety protocols currently in place at the hospital:

COVID-19 Visitor Policy & Universal Masking

- **Testing:** you will receive a COVID-19 rapid test (1-hour turnaround) upon your admission to the hospital. We have extra precautions in place for patients who are COVID-positive, but rest assured you will not be separated from your baby or your partner even if you test positive.
- **Visitor Restrictions:** while the hospital is currently under visitor restrictions, please be assured your **partner** will be permitted to be present with you for the duration of your hospital stay. In addition, you may designate an additional **birth support person** (midwife, doula, family member or friend) to be present for the labor, delivery and recovery period only. All support persons must meet the following criteria:
 - Age 16 or older
 - Negative COVID-19 symptom screening upon entry to the hospital
 - Wear masks or cloth face coverings for duration of visit
 - Practice proper hand hygiene
- **Masking Requirement:** please bring a mask/face covering (cloth masks are acceptable) to wear while in public areas/hallways of the hospital and whenever caregivers (staff) are present in your room. Your support person(s) will be required to wear a mask throughout their visit.

Scheduled Inductions

Labor and Delivery can have unpredictable surges in patients needing care on any given day and there are times when the Birth Center is at capacity. Our goal is to provide you with the best possible birthing experience. If your physician has scheduled an induction of labor for you, please call us prior to coming to the hospital to check on availability of a room. We will do our very best to accommodate you, and to work with you and your doctor if there should be a need to delay your start time for a few hours, or reschedule for another day.

Tentative Induction Date: _____ **Time:** _____

NOTE: Please call one hour before this time at 509-897-2380.

Thank you again for allowing us to be a part of such an important and special time in your life. (Please see reverse side for answers to frequently asked questions about the labor and delivery experience at PSMMC.)

1. Who can be in the hospital with me during my labor and delivery?

You may have **one partner** for the duration of your stay and **an additional birth support person** for the labor, delivery and recovery period only.

All support persons must meet the following criteria:

- a. Age 16 or older
- b. Negative COVID-19 symptom screening upon entry to the hospital
- c. Bring and wear a mask or cloth face covering for duration of visit
- d. Practice proper hand hygiene

2. What types of pain management options are available?

Non-pharmacological options, IV medication and access to anesthesiologist services for epidurals are available 24/7.

3. Where should I park / which entrance should I use?

Enter through the East Entrance (main hospital entrance next to the Emergency Department) between 6:00 am and 5:00 pm on weekdays. After hours, use the Emergency Department lobby entrance. (Poplar and 7th Street entrances are currently closed to allow for COVID screening at designated entry points.) Parking is accessible from Poplar Street and 5th Avenue.

4. How long should I expect to stay?

You should expect to stay 24 to 48 hours after a healthy vaginal delivery or c-section. Your stay may be extended if you or your infant require additional nursing or medical support/care.

5. What should I bring for my hospital stay? Should I bring the car seat up to the room?

Everything you need for your labor, delivery and post-partum stay will be provided for you by the Family Birth Center. To make your stay more comfortable, we suggest bringing your own personal toiletries, towel, and some favorite snacks. You may leave your infant's car seat in the car until the day of discharge.

6. Where can I have my baby's car seat checked?

Your infant car seat should be installed and safety-checked by a nationally certified car seat technician in advance of your delivery. To make an appointment with a certified car seat technician, please contact:

Ruben Hernandez, Injury Prevention Program Coordinator | Walla Walla County Department of Community Health
Phone: 509-524-4425 | Email: rhernandez@co.walla-walla.wa.us

7. Where can my support person/visitors and I get meals or snacks?

In-room meal service is available to both patients and guests. Your support person/visitors may order from the room service menu via cash or credit card payment. (Patient meals do not require payment.)

8. Will lactation support be provided during my stay?

Yes! All RNs in Family Birth Center are trained in lactation education and support and are available to assist those mothers who wish to breastfeed their babies. In addition, a certified lactation consultant is staffed on the unit Monday through Friday from 7:00 am to 3:00 pm and will check on you and your baby after your delivery. Lactation consultants are also available by appointment. To schedule, call **Family Birth Center at 509-897-2380**.